

**Class –V**  
**Worksheet - 3**

**PASSAGE – 1**

**Read the following passage and answer the questions that follow-**

We must take proper care of our hair. Healthy hair looks beautiful and makes us feel good. It is important to keep our hair clean by washing it regularly with soap or shampoo. This removes the dirt and dust and prevents scalp infections. To have healthy hair, we must eat a balanced diet which provides nourishment to our skin. We should eat lots of green leafy vegetables, fresh fruits and cereals. Consumption of amla juice, ashgourd juice, pumpkin and coconut water enhances hair growth. Vitamin B12 helps to prevent hair loss and can be found in fish, eggs, chicken and milk. We should avoid the intake of maida (fine flour) and deep-fried dishes, sweets made of white sugar, soft drinks, tea and coffee. If we follow a healthy regime of yoga and breathing exercises, we can enjoy healthy hair for a long time as it slows down the process of greying and ageing.

**Answer the following questions.**

- 1. It is important to keep our hair clean because .....**
- 2. A balanced diet provides .....**
- 3. Find words from the passage which means**
  - a) food to make a person healthy**
  - b) improves**
- 4. What role does shampoo play in hair hygiene?**
- 5. What substances help in enhancing hair growth?**
- 6. What food stuff should be avoided for healthy hair?**

## PASSAGE – 2

Read the following passage and answer the questions that follow-



Education is an integral part of a child's life. Education is important for an overall development of a child's personality. Children are the building blocks of the society. Every child, whether boy or girl has a right to education and should be sent to school.

In school, children learn social skills, manners, hygiene and courtesy. Only educated children grow up to be responsible and good citizens. Apart from reading and writing children should be given ample time and opportunity to play.

**1. Tick (✓) the correct answers for the following questions.**

**a. An appropriate title for the passage would be "....."**

- |                               |                                      |
|-------------------------------|--------------------------------------|
| <b>i) Education</b>           | <b>iii) Opportunity of Education</b> |
| <b>ii) Value of Education</b> | <b>iv) Integrity of Education</b>    |

**b. Integral means .....**

- |                     |                           |
|---------------------|---------------------------|
| <b>i) beautiful</b> | <b>iii) most valuable</b> |
| <b>ii) careful</b>  | <b>iv) essential</b>      |

**c. What does education develop?**

- |                           |                                 |
|---------------------------|---------------------------------|
| <b>i) child's life</b>    | <b>iii) child's personality</b> |
| <b>ii) child's school</b> | <b>iv) child's play</b>         |

**2. From the passage find synonyms of the following words:**

- a. Comprehensive \_\_\_\_\_
- b. Sufficient \_\_\_\_\_

**3. Answer the following questions.**

- a. Why should children be sent to school?
- b. Why is education important?
- c. What should children do apart from reading and writing?

**4. From the passage find antonyms of the following words:**

- a. insufficient \_\_\_\_\_
- b. uneducated \_\_\_\_\_



**STAY FIT AND ACTIVE**

